

National Yoga Awareness Month



Let's get up and stretch this September!

Yoga is an ancient practice focusing on breathing, flexibility and strength to boost mental and wellbeing. Its origins can actually be traced to northern India more than 5,000 years ago! According to the National Center for Complementary and Integrative Health (NCCIH), **many individuals still practice yoga now to maintain their health and wellbeing.** Its not just about the downward dog you've probably heard of. There are many types of yoga you can try with similar standard poses in each practice.

Studies show that practicing yoga can help ease stress by lowering your levels of the stress hormone cortisol. It can reduce inflammatory markers in the body and help prevent pro-inflammatory diseases. In combination with a healthy lifestyle, yoga may also help decrease risk factors for heart disease, relieve low-back pain and neck pain, and possibly pain from tension-type headaches. Finally, yoga can help enhance sleep quality and encourages mindfulness, which may be used to help promote healthy eating habits. The beauty of yoga is that everyone can participate and reap these benefits.

Adding just a few poses to your daily routine can really be beneficial to your health. A quick google search can help you find nearby yoga classes you can take advantage of. Understandably, with our busy schedules, it may be a challenge to find the time take a yoga class. The good news? You can also practice yoga right in your office. Try some of these ideas below!

Source: U.S. Department of Health and Human Services, The Yoga Institute, Healthline

Desktop Yoga

Are you chained to a desk? Is the only exercise you get at work walking to the break room?

We hear ya!

The yoga positions below can easily and safely be done at your desk without even missing an email. Remember to keep your shoulders relaxed and keep breathing.

And the stretching might help your waste paper basketball skills!

1 forward bend



2 spinal twist



3 side stretch



4 knee squeeze



5 leg lifts



6 sun pose



DID YOU KNOW?

In America, every 20 minutes an older adult dies from a fall.

- Learn more on page 7



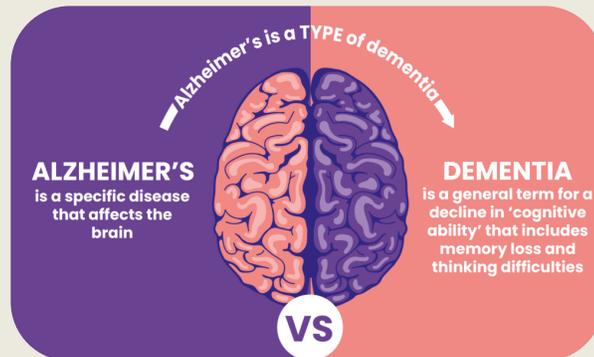
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Dementia is a term used to describe different brain disorders that affect memory, thinking, behavior and emotion. Alzheimer's disease is the most common type of dementia. In 2020, as many as 5.8 million Americans were living with Alzheimer's disease. Age is the best known risk factor for Alzheimer's disease. Symptoms of the disease can first appear after age 60, and the risk increases with age.

Contrary to popular belief, Alzheimer's disease is NOT a normal part of aging. Memory problems are typically one of the first warning signs of Alzheimer's disease and related dementias. See the chart below for a full list of symptoms of Alzheimer's disease one may experience. When you have difficulty completing familiar tasks or confusion with time or place, it's time to talk to your doctor. Getting checked by your healthcare provider can help determine if the symptoms you are experiencing are related to Alzheimer's disease. Alzheimer's disease destroys nerve connections in the brain, making it progressively more difficult to do ordinary things like move around, swallow and feed yourself. Unfortunately, complications of the decline in brain function is what may lead to death.



The good news? Healthy lifestyle choices may help ward off Alzheimer's. Population-based studies suggest that factors associated with overall good health may also reduce the risk of dementia and cognitive decline. These factors include regular physical activity, eating a healthy diet and keeping your brain active through lifelong learning.

Although there is currently no cure for dementia, there's a range of support available for people with dementia and their caretakers. Receiving a diagnosis of dementia is often a challenging and difficult process and varies greatly around the world. To add to this, the stigma surrounding dementia means that many avoid seeking a diagnosis until the very late stages of the condition. We are joining this year's World Alzheimer's Month campaign, **#KnowDementia** and **#KnowAlzheimers** to shine a light on the warning signs of dementia and encourage you to seek out information, advice and support.

Source: Alzheimer's Disease International , Centers for Disease Control & Prevention, The Atlanta Journal-Constitution

SIGNS AND SYMPTOMS



MEMORY LOSS



MISPLACING ITEMS



DIFFICULTY IN DECISION MAKING AND JUDGING



REDUCED ABILITY IN UNDERSTANDING VISUAL IMAGES



CONFUSION WITH TIME AND PLACES



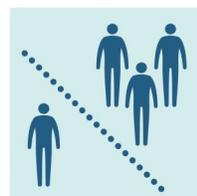
MOOD SWINGS



REPETITIVE SPEECH AND WRITING ISSUES



DIFFICULTY IN PROBLEM SOLVING



SOCIAL WITHDRAWAL



INABILITY TO COMPLETE COMPLEX TASKS

September is Head Lice Prevention Month



With the start of a new school year, head lice is once again the talk of the town. Head lice is a parasite that lives on the scalp, feeds on blood, and causes itchiness and discomfort to their host. It's a common problem that usually affects school-aged children and their families.

The diagnosis of a head lice infestation is best made by finding a live nymph or adult louse on the scalp or hair of a person. You can separate the hair in several spots, then use a magnifying glass and a bright light to help spot them. **And the most common way for head lice to spread is through direct human contact.**

Although some remedies include applying products such as mayonnaise or petroleum jelly to the scalp in an attempt to suffocate the head lice, this approach is not always effective. That's because mayo has no effect on the lice eggs, or nits. Without killing or physically removing every nit in the hair, a new generation of lice will hatch, and the infestation will remain active. Fortunately, there are over-the-counter and prescription medications available for treatment of head lice infestations.

Here are some quick tips on how to prevent the spread of lice:

- ◆ Don't share items that touch the head like combs or towels.
- ◆ Avoid activities that lead to head-to-head contact.
- ◆ Keep belongings, especially upper body clothing, away from shared areas like coat closets.

See more information on your right!

Source: Centers for Disease Control & Prevention, Healthline



Only 0.3% of African American children get lice! Because of its kinky-curly shape, lice have a hard time getting their grasping hooks around the shaft. Since lice are uniquely adapted to crawl along a hair shaft, and glue their eggs to the shaft, this often prevents African Americans from getting head lice.



10 TRUTHS ABOUT HEAD LICE

GET THE FACTS ABOUT THIS CREEPY, CRAWLY PARASITE AND LEARN HOW TO DEAL WITH AN INFESTATION



1



Lice are **NOT A PRODUCT** of **POVERTY** or **POOR HYGIENE**.

6



Lice **LIVE CLOSE** to the **SCALP** on the head and on the **BACK OF THE NECK**.

2



Head lice **CANNOT HOP, JUMP** or **FLY**. They crawl from person-to-person from direct contact, like **POSING FOR A SELFIE** or using **A FRIEND'S HAIRBRUSH**.

7



LICE EGGS – called nits – are very **HARD TO REMOVE** by hand. Use a **NIT COMB** to **SCRAPE** them off the **HAIR SHAFT**.

3



Sometimes, **LICE DON'T CAUSE SYMPTOMS FOR 4-6 WEEKS**. The main symptom is **ITCHING**.

8



Adult lice usually **DIE AFTER 48 HOURS** and **NITS DIE A WEEK** or two **FOLLOWING REMOVAL**.

4



Head lice **DO NOT** spread disease.

9



Washing clothes and bedsheets in **WATER HOTTER THAN 130 F** will kill living lice and nits. Items that cannot be washed should be **PLACED IN PLASTIC BAGS FOR TWO WEEKS**.

5

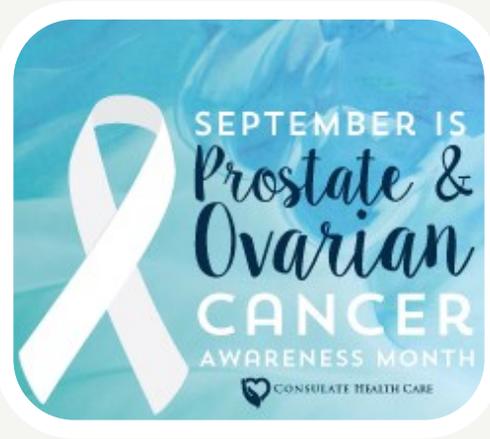


Contrary to popular belief, head lice **CANNOT BE SPREAD** by pets.

10



Head lice **CANNOT BE KILLED BY REGULAR SHAMPOO** or frequent **BATHING**. **TREATMENT** of lice may **TAKE TWO APPLICATIONS** of a medicated shampoo applied **9 DAYS APART**.



OVARIAN CANCER

Ovarian cancer is a type of cancer that begins in the ovaries. Women have two ovaries that are located in the pelvis, one on each side of the uterus. The ovaries make female hormones and produce eggs for reproduction.

Unfortunately, early-stage ovarian cancer generally produces no signs or symptoms. This is why regular women's health exams are important. A pelvic exam can be useful because it can find some female cancers at an early stage.

Signs and symptoms of more-advanced cervical cancer include abdominal bloating or swelling, weight loss, discomfort in the pelvis area, changes in bowel habits, such as constipation and a frequent need to urinate. Please see your doctor if you notice any of these symptoms!

Ovarian cancer can occur at any age but is most common in women ages 50 to 60 years. Other risk factors include inherited gene mutations, family history of ovarian cancer, long-term use of estrogen hormone replacement therapy and being overweight/obese.

Unfortunately, there's no sure way to prevent ovarian cancer. But there may be ways to reduce your risk. **Interestingly enough, women who have been pregnant and carried it to term before age 26 have a lower risk of ovarian cancer than women who have not.** The risk goes down with each full-term pregnancy. Breastfeeding may lower the risk even further. Women who have used birth control pills also have a lower risk of ovarian cancer. Women might be able to lower their risk slightly by avoiding other risk factors like staying at a healthy weight.

If you are diagnosed with ovarian cancer, help is available! Talk to your cancer doctor about the treatment options available for your type and stage of cancer.

Source: Mayo Clinic, American Cancer Society

PROSTATE CANCER

Prostate cancer begins when cells in the prostate gland start to grow out of control. The prostate is a gland found only in males. It makes some of the fluid that is part of semen.

In the United States, 1 in 8 men will be diagnosed with prostate cancer in his lifetime. **Prostate cancer develops more often in African-American men and in Caribbean men of African ancestry** than in men of other races. And when it does develop in these men, they tend to be younger.

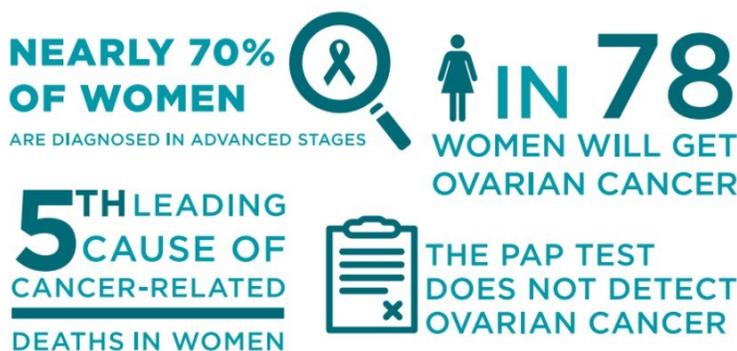
Prostate cancer screening is so important because there usually aren't any early warning signs for prostate cancer. The growing tumor does not push against anything to cause pain, so for many years the disease may be silent. **Beginning at about age 45 (age 40 if you are Black or have a strong family history of prostate or other cancers), all men should talk to their doctor about screening for prostate cancer.** Routine screening starts with a Prostate-specific antigen (PSA) blood test and may include a rectal exam

Contact your doctor for an evaluation if you experience any of the following:

- Frequent urination, especially at night
- Weak, dribbling, or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in the urine or semen
- Pressure or pain in the rectum
- Pain or stiffness in the lower back, hips, pelvis, or thighs

See the infographic below for some tips on how you can reduce your risk of prostate cancer!

Source: American Cancer Society, Prostate Cancer Foundation



Suicide Prevention

HOW TO HELP SOMEONE WHO IS SUICIDAL

KNOW THE WARNING SIGNS:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself (online or in person)
- Feeling hopeless or having no purpose
- Drug and/or alcohol abuse
- Sleeping too little or too much
- Acting anxious, agitated, or reckless
- Showing rage or talking about seeking revenge



ASK QUESTIONS:

- “Do you ever you think about suicide?”
- “Do you have a plan to hurt or kill yourself?”
- “Have you attempted suicide before?”
- “Have you thought about when you would do it (today, tomorrow, next week)?”
- “Have you thought about what method you would use?”
- “Are you seeing your doctor or mental health professional regularly and often?”

Do's

- ✔ Let the person talk and **LISTEN** to them without judgement
- ✔ Reassure them that treatment and help is available
- ✔ Tell them what they are experiencing is treatable and that suicidal feelings are temporary

Don'ts

- ✘ Don't try to minimize problems or shame a person into changing their mind
- ✘ Don't try to convince a person who is suicidal that "it's not that bad"
- ✘ Don't preach about suicide being right or wrong

GET HELP!



A suicidal person should see a doctor or mental health professional immediately.

If the person has a plan to hurt or kill themselves and you fear they are in imminent danger:



- * Stay with the person
- * Get them to the nearest Emergency Department

**CALL
9-1-1**

* If you are not with them, keep the conversation going until you can connect them to help:

- o Ask questions about their plan
- o Listen to them
- o Reassure them that you are there for them and will help them find support



World Heart Day

AT THE HEART OF HEALTH

FDOH - BROWARD EDITION

World Heart Day (September 29) aims to increase awareness of cardiovascular diseases, including their prevention and their global impact. On average, more than 17 million people die from heart-related illnesses every year. To commemorate World Heart Day, we encourage you to be more attentive to your heart, the little organ that keeps us alive and moving everyday. Take preventative steps and make healthy lifestyle changes to avoid cardiovascular diseases, like heart attack, stroke, heart failure and any other related conditions. This month, we asked your fellow co-workers how do they keep of their heart healthy? Below are their answers:



Claudia Garcia
Senior Clerk (COVID Response)



"To keep my heart healthy, I avoid greasy and fatty foods. Instead, I eat more homecooked meals, often using air fryer in lieu of oils while cooking."



Oneika Williams
Senior Clerk (ADAP Program)

"To keep my heart healthy, I exercise at least twice a week either at the gym or having a run at the park. I also drink lots of water to keep hydrated."



Fabian Brigian
Government Operations
Consultant (Billing Dept.)



"To keep my heart healthy, I participate in outdoor activities during the weekend. I also refrain from smoking. I visit my doctor annually to make sure my heart stays in top notch shape."



Iris Sandoval
Nurse (COVID Testing)

"To keep my heart healthy, I try to live a stress-free life. I no longer work long night shifts and I now use that time to exercise, walk my dog or visit the beach."



Taylor Ayers
Staff Assistant (Special Projects)



"To keep my heart healthy, I exercise five days a week, eat healthy meals at work and sleep 8 hours a day."



Jean Cerisier
Comm. Disease Budget Manager

"To keep my heart healthy, I follow a strict diet by eating a light breakfast, big lunch and light dinner before 6PM. I also keep a low stress lifestyle by always keeping a positive outlook on life."

To learn more about living a heart-healthy lifestyle, visit heart.org and speak to your healthcare provider!

Falls Prevention Awareness Week

September 20-24, 2021



✓ Vivid Learning Systems



Prevent Falls around the Office

12 actions to prevent you from your next fall...

1. Arrange furniture to provide open pathways to walk through
2. Periodically, check the condition of outdoor walkways and steps and repair as necessary
3. Remove fallen leaves or snow from outdoor walkways



4. Secure electrical and phone cords out of traffic areas
5. Use non-skid throw rugs in potentially slippery places, like bathrooms
6. Install handrails on stairways, including porches

7. Never stand on a chair, table or surface on wheels



8. Use a sturdy step stool when climbing or reaching for high places
9. Wear sensible footwear



10. Keep floors and stairs clean and clear of clutter
11. Maintain good lighting both indoors and on outdoor walkways
12. Clean up all spills immediately

Resources: http://www.nsc.org/nsc_events/Nat_Safe_Month/Documents/2012_Falls_Preventionpublic.pdf



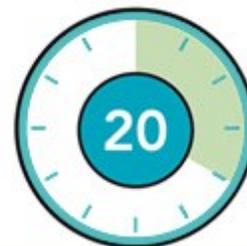
Falls Prevention Awareness Week is a national health campaign observed on the first day of fall to increase awareness around falls health and injury prevention. Every year, more than 1 in 4 adults age 65+ fall. This results in 3 million emergency room admissions to treat falls injuries. In addition, falls are among the most common causes of serious work related injuries and deaths.

It only takes a second of not paying attention to slip on a wet floor, fall down a flight of stairs, or trip over protruding objects. Injuries can range from bruises and minor sprains to more serious ones requiring medical attention. However, if you take care of your overall health, you may be able to lower your chances of falling.

Fall Prevention Suggestions:

- Stay physically active - Regular exercise improves muscles and makes you stronger. Try to get at least 150 minutes per week of physical activity.
- Take note of side effects of any medicine you take including those that make you sleepy or dizzy.
- Maintaining bone health including quitting smoking and limiting alcohol use.
- Keep floors clean and dry.
- Remove obstacles from floors.
- Have your eyes and hearing tested regularly because even small changes in sight and hearing may affect your balance.

Source: National Council on Aging, Centers for Disease Control and Prevention, US Department of Labor Occupational Safety & Health Administration, WorkFit



Every **20 minutes** an older adult dies from a fall in the United States. Many more are injured.

Take a stand to prevent falls

HEALTHY EATS⁸

Easy Overnight Oats

Short on time in the morning? Whip up this overnight oatmeal recipe that includes fruit and nuts. Breakfast will be waiting for you when you wake up.

Ingredients

- 1/2 cup old-fashioned oats*
- 1/2 cup milk (whichever type you prefer)
- 1/2 teaspoon pure maple syrup
- 1/4 teaspoon pure vanilla extract
- For serving, optional: fresh fruit, sliced or slivered almonds, other nuts or nut butters, etc.

Preparation

- Combine oats, milk, maple syrup and vanilla in a mason jar or bowl. Seal with a lid and shake to mix, or stir if using a bowl.
- Refrigerate overnight or at least 6 hours and up to 4 days. Stir and add toppings right before serving.
- Before serving stir and add any preferred toppings such as peanut butter, chia seeds, blueberries, yogurt, dried fruit, honey, almonds, banana, nuts, etc.



Nutrition Information

Serving size: 1

Per Serving: Calories: 226kcal | Carbohydrates: 36g | Protein: 9g | Fat: 5g | Saturated Fat: 2g | Cholesterol: 10mg | Sodium: 60mg | Fiber: 4g | Sugar: 9g

Source: *Kristine's Kitchen*

DIY Starbucks Protein Bistro Box

Incredibly easy to make, and great for breakfast or lunch.

Ingredients

- 8 eggs hardboiled and peeled
- 2 cups of grapes washed
- 2 large apples washed and sliced
- 4 reduced fat Mini Babybel cheeses
- Honey-Roasted Peanut Butter portioned into 2 ounce containers
- 2 multi-grain flatbread sandwich thins cut in quarters
- fresh lemon juice optional
- kosher salt and freshly ground pepper



Preparation

- Brush apple slices lightly with fresh lemon juice to prevent browning if desired. Alternatively, keep the slices face down and pressed together prevent browning as well.
- Sprinkle eggs with salt and pepper to taste.
- Assemble protein bistro boxes and store refrigerated.

Source: *NUMBER 2 PENCIL*

FOUR TIPS FOR

HEALTHY AGING

1 STAY ACTIVE

The key to staying active as you age is finding exercises you enjoy. Try to incorporate exercises that improve cardiovascular health, balance and muscular strength.



EAT HEALTHY

While diet cannot prevent all ailments, it can help reduce your risk for specific issues that are common in seniors.

2



3 KEEP LEARNING

Studies have shown that learning new things can help slow cognitive decline in seniors. Continue to challenge your mind as you age by reading, learning new things and switching up your routine if you can.



ILLNESS PREVENTION

Schedule regular doctor's visits, get enough sleep, take vitamins and make sure you are vaccinated each cold and flu season.

4





1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque build up. This process can lower the risk of heart disease and stroke.
heart.org/Atherosclerosis

TRIGLYCERIDES

The most common type of fat in the body.

TOTAL CHOLESTEROL

$HDL + LDL + 1/5th \text{ of triglyceride level} = \text{total cholesterol level.}$

2 TRACK LEVELS



A health care provider can measure blood cholesterol and help you understand what the levels mean.



Track your cholesterol levels over time and take steps to reduce high cholesterol.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/CHOLESTEROL

3 TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils.
heart.org/EatSmart



MOVE MORE

Physical activity helps improve cholesterol levels.
heart.org/MoveMore



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.
heart.org/Fats



DON'T SMOKE

Smoking lowers good HDL cholesterol and raises your risk of heart disease.
heart.org/Tobacco



TAKE MEDICATION AS DIRECTED

Your doctor may prescribe statins or other medications to control your cholesterol levels.

The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.



Why did the frog take the bus to work today?

His car got toad away.

We hope you enjoyed this month's newsletter. If you have any question or suggestions, please contact us. We want to hear from you!

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